INSIDE



Comrade carrier

A 25th CAB medevac unit struggles to balance sleep and safety in what some call a 'coordinated chaos'

A-3

'Care amid crisis'

The annual National Prayer Luncheon will be held Feb. 22, at 11:30 a.m., Schofield Barracks' Nehelani Banquet and Conference Center. Call 656-1384 or 655-9355.



Shared heritage

Kathryn Waddell Takara enlightens Soldiers with a cultural perspective she gleaned from her father



Hand it to 'em

NFL players may have energized the island last week, but Soldiers ensured they made their mark as well

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Sports & Fitness B-5

Findings seek to prevent future incidents, defend against enemy tactics

DONNA MILES American Forces Press Service

An Army "shootdown assessment team" from Fort Rucker, Ala., is in Iraq investigating the crashes of a UH-60 Black Hawk and two AH-64 Apaches between Jan. 20 and Feb. 2 that left 16 Soldiers dead, Col. Robert Quackenbush from the Army Aviation Directorate told American Forces Press Service.

"It's a real forensic-type investigation, so it's not something you can get the results of overnight," he said.

The tiniest fragments recovered from a crash site are analyzed to determine what type of enemy weapon system hit the aircraft. This information provides valuable clues into how the enemy is operating and what the Army needs to do about it, he

"So, it will take a little bit of time, but we are very confident that we will know, when they are done, exactly what shot those aircraft down," Quackenbush said. That, he said, will reveal "what we need to do to improve our capabilities against whatever that

The Army has lost more than 120 helicopters in the war on terror, about 25 percent of them due to enemy engagements. Determined to keep those numbers down, the Army already has made huge efforts to improve aviation safety.

As a result, statistics show that aviation safety has improved steadily since 2003, both in terms of accidents and lives lost, said Chief Warrant Officer 5 Lee Tutin, an aviation survivability equipment action officer.

'Since 2003, the Army has invested more than \$2 billion in aircraft survivability equipment," he said. "And that is part of the direct result of bringing the incident rate made it back to their bases safely, thanks to bush said.



Sgt. 1st Class Michael Guillon

UH-60 Black Hawk helicopters from 2nd Squadron, 6th Cavalry Regiment, lift off from Forward Operating Base McHenry, Iraq, carrying Soldiers from 2nd Battalion, 27th Infantry Regiment, for an aerial patrol over the Hawijah District of Kirkuk Province

down." All the Army's forward-deployed fixed- and rotary-wing aircraft are equipped with the Common Missile Warning System.

In addition, the Army has improved the ballistic protection of its helicopters "so that if the aircraft does take some smallarms fire, it can still make it home," Quackenbush said.

these protections, he said, "And we are continually looking at how we can improve our equipment," he added.

But aviation protections go beyond equipment, to include tactics, techniques and procedures to foil the enemy, he said. Much of it hinges on being unpredictable.

"First of all, when we fly in and out of For every aircraft lost in combat, many airfields, we vary when we come in and out, more have been engaged by the enemy but what routes we take in and out," Quacken-

"We change our tactics and techniques for every mission," Tutin said. "For every mission, the commander and the crew assess what they should be using for that mission. They have a baseline they use but they adjust them for every mission to prevent predictability.

At the Army's aviation center and school

SEE HELO, A-2

Spirit of local Soldier fills hall at BCTC dedication

Investigators study latest helo crashes

CHRISTA B. THOMAS Pau Hana Editor

While blessings of a light, island rain gently showered the modern, pristine training center on Schofield Barracks, Hawaiian blessings were chanted inside as the building was dedicated to a fallen Soldier, Feb. 9.

As the placard at the Battle Command Training Center [BCTC] on Kolekole Road was unveiled, the ceremony to name the building began, honoring 1st Lt. Nainoa

Completed in October 2005, the BCTC is a \$27.2 million state-ofthe-art combat simulation training

Hoe, 27, was fatally shot by a



Construction of the BCTC was completed October 2005 and occupied the following month. The project was developed and planned in 2002 $\,$ by the U.S. Army Corps of Engineers, Honolulu District.

of Mosul, Iraq, in 2005.

The Kamehameha Schools and University of Hawaii graduate was the leader of the 2nd Platoon, C Company, 3rd Battalion of the 21st

25th Infantry Division, at Fort

Lewis, Wash. Col. Howard Killian, commander of U.S. Army Garrison, Hawaii, presided over the event that was an acknowledgement of Hoe's

courage, selflessness and full measure of devotion to his country.

Maj. Gen. William Brandenburg, commander,



Sustainment Command, offered greetings to Governor Linda Lingle and introduced the keynote speaker, Col.

8th Theater

Robert Brown, director, J-7 exercises and training, U.S. Pacific Command, and formerly Hoe's brigade commander.

Brown said the 89,803-squarefoot training center is the perfect facility to be named for Hoe.

"Nainoa trained in a similar fa-

the importance of simulation," he said, because "Nainoa earned his bachelor's degree in Information Management Systems.

"One of his first tests of toughness and courage happened just outside this facility. At age 14, Nainoa participated in a Junion ROTC challenge, a 15-mile run to Kolekole Pass and back," he said "His father later said Nainoa left [for the challenge] as a boy and came back a man.

"He had true passion for being a Soldier but never forgot where he came from," Brown said. "Nainoa was very proud of his Hawaiian

Carrying a lei o mano, an an-

SEE DEDICATION, A-8

Spc. Mike Alberts I 3rd Infantry Brigade Combat Team Public Affair

More than 370 Soldiers and airmen begin their 8.2 mile Great Aloha Run at Forward Operating Base Warrior, Kirkuk, Iraq, Feb. 10.

TF Lightning runs Aloha in Irag

SPC. KYNDAL HERNANDEZ

FORWARD OPERATING BASE O-WEST, Iraq – Hawaii's annual Great Aloha Run was mirrored in Iraq, Feb. 11, as more than 200 service members and Iraqi Army Soldiers ran an 8.15mile course around this logistical supply hub, some 40 miles south of Mo-

In the past 22 years, the Great Aloha Run in Honolulu has raised more

plus nonprofit health and human service organizations and community groups throughout Hawaii. In Iraq, Hawaii-based troops at FOB

Q-West, FOB Warrior, Contingency Operating Base Speicher, Camp Victory and FOB Marez hosted events to continue the home base tradition.

"We wanted to bring the Great Alo-

SEE GAR, A-5

Residents air their concerns at Oahu South quarterly town hall

KHALIDA DUBOSE

ALIAMANU MILITARY RESERVATION - The message at the Feb. 7 town hall meeting here was that residents have overwhelming support from the Oahu Base Support Battalion.

Much like the north town hall meeting held last month at Schofield Barracks' Sgt. Smith Theater, Lt. Col. Mark Boussy, commander of the OBSB, reminded residents that subject matter experts [SMEs] were there to answer their questions and try to solve their problems.

Boussy told post residents that two-thirds of the 56 people who showed up to the meeting were support staff, there to help them and answer questions. He also reminded residents to use tools available to them, such as surveys, to give feedback and make the community better.

The meeting began on a positive note when Vickie Domingo from Army Hawaii Family Housing (AHFH) congratulated Laura Rutkowski, a teenager who lives in the AMR Rim Community, on winning an essay contest.

RELATED STORY

Read Rutkowski's winning essay on page A-2.

Rutkowski submitted the winning essay for AHFH's SYNERGY Poster and Essay Contest held in December.

Rutkowski received a \$10 Jamba Juice card, a gift certificate and a set of stationery. Rachel Francis, 11, and Adrienne Eckstein, 6, won the poster portion of the contest; each received a SYNERGY backpack, art set, \$10 Jamba Juice and \$25 AAFES

During Domingo's brief on AHFH activities, she highlighted ongoing activities including AHFA's new contract with Ecolab Inc., which will begin preventative pest control beginning March 1. The goal, she said, is to have a pest control system in place before pests can enter the home.

Lt. Col. Michael Wallace, director of Emergency Services, said the removal of abandoned vehicles is well underway. He estimated that 44 vehicles have been removed since December.

SEE TOWN HALL, A-8

LIGHTNING SPIRIT

Hurtful words

can pull loving

spouses apart

CHAPLAIN (MAJ.) MARK KNOX

In land navigation we are warned to beware of

drift. You see it is very easy to gradually drift off

of azimuth and never reach our intended desti-

Most people have a natural tendency to very

gradually drift towards the left or the right. It

happens so slowly that we aren't even aware of it,

but over several miles the drift can become very

significant. We also tend to drift when we come

upon an obstacle, such as a swamp, or a stream,

or a crevice that we cannot cross. We may start

drifting to the left or the right, and end up com-

The same thing happens in life. We each have

our hopes, our dreams, our ambitions, and our

goals. In the course of living, however, we grad-

ually drift off course, sometimes completely los-

ing our way. At other times we encounter an ob-

stacle that leaves us disillusioned, confused, maybe

completely off course. It can happen in our mili-

tary careers. It can happen in our relationship

just don't love each other anymore," or, "We seem

to have fallen out of love." I think that often the

It happens in marriage. We say things like, "We

We gradually drift apart, without even being

aware of the growing distance in our relationship.

It happens when we say something hurtful or

mean to our spouse, and then never really apol-

ogize. It happens when we aren't there for the one

We want to hear from you...

The Hawaii Army Weekly welcomes articles from Army organizations, announcements from the general public about community events of interest to the military community, and letters and commentaries. If you have newsworthy ideas or

stories you'd like to write, coordinate with the managing editor at 655-4816, or e-mail editor@hawaiiarmyweek-The editorial deadline for articles

and announcements is the Friday prior to Friday publications. Prior coordination is mandatory. Articles must be text or Word files

with complete information, no abbreviations; accompanying photographs must be digital, high resolution, jpeg files with full captions and bylines.

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94 days

since last fatal accident

Soldiers, as your daily reminder to be safe, place a 'red dot" on your wristwatch.

Remember, a division training holiday will be awarded for the first 100 consecutive days with no accidental fatalities Current as of 2/14/07

USARPAC celebrates African-**American Black History Month**

Our diversity is a major contributor to the strength of our Army. US Army, Pacific (USARPAC) fully supports and endorses all of the many programs that recognize and celebrate our diversity and its contributions to the nation. These programs are educational, interesting and often a whole lot of fun for Soldiers, professional Army civilians and family members. They promote understanding through interac-

We go beyond teaching and learning about diversity by actively involving the entire community in initiatives celebrating who we are. These initiatives consist of training events, speakers and demonstrations; and food samplings and displays addressing differences in ethnicity, gender, behavior, cultural norms and business

• Read about Kathryn Waddell Takara's address to Schofield Soldiers, page A-5.

practices. Understanding cultural differences is key to forming a cohesive force capable of meeting today's chal-

During February – African-American Black History Month - generations of African-Americans who have played a vital role in developing and maintainour nation's strength and prosperity are honored. We are grateful for the countless ways they have enriched our country and helped make America a strong, vibrant and free society. Black Americans have been and continue to be a vital part of our strong The theme of this year's observance is

"From Slavery to Freedom." USARPAC is committed to creating and maintaining



Lt. Gen. John M. Brown III

a caring and respectful work environment for all Soldiers and civilians. I encourage each of you to participate in the diversity celebrations throughout February and the months ahead.

Helo: Units' lessons learned mitigate risks

CONTINUED FROM A-1

at Fort Rucker, Ala., a tactics branch regularly assesses lessons learned from the field and disseminates them through the schoolhouse and combat

"A good idea for one unit may be a good idea for all," Tutin said. "It's all a learning process.

Lessons also are shared between the services to ensure all aviators operating in the theater have the benefit of the latest safety information, he

Ensuring aviation safety is critical because helicopters are critical to the mission in Iraq, Quackenbush said.

"The value added that the helicopters provide - the reconnaissance capability, being able to see, being able to provide suppressive fire to Soldiers on the ground, being able to move Soldiers and equipment through the air prevents

deaths and injuries to Soldiers on the ground," he said. That's in addition to the tremendous

medevac capability helicopters bring to the mission. Quackenbush credits medevac aircraft with saving "countless lives that we would have lost if we had not had their aircraft there.'

"It is a dangerous environment over there, but we do whatever we can to minimize and mitigate that danger," he said. "The value added that the helicopter provides ... outweighs the risk." The Army's aviation safety record has

improved significantly since the beginning of the war on terror, Quackenbush Accident levels initially spiked be-

cause aircraft were operating in new environments with harsh conditions and, in the case of Afghanistan, high altitudes, he said. "But we gained a tremendous amount

of experience there," he said. "We

learned some lessons about how to opthose environments.

As a result, he said, accident rates as well as combat losses have declined yearly. Quackenbush said he expects investigations of the latest crashes in Iraq to reveal details that ensure safety in the

causes of the last three incidents that the Army has had," he said. "We don't know if that was just the law of averages catching up to us or if, in fact, the enemy is doing something different or has something different. We are going to

"But we still believe the Army heliopter is a tremendous value added, and it continues to save countless lives by preventing other deaths on the ground because they are out there operating.

Saving energy saves lives

Laura Rutkowski's essay was selected as the winner in the Army Hawaii Family Housing SYNERGY essay contest in 11-14 years old cat-

Animals don't have a voice; they don't have a say. Animals can't tell us their opinions or thoughts on life. We look at the animals and think "Aww, how cute they look!" and continue on with our lives. Although, what we really should be thinking is, "We must help save the an-

Without us, many of our furry friends will become extinct." It is our responsibility as humans to conserve and recycle and to help save our en-

We can make the choice to be kind and helpful by helping our community, or we can make the choice to be lazy and uninterested by staying tucked away, watching the television all day and eating cheese puffs. We need to do something worthwhile in our lives, something that makes us feel good and amazing!

Saving our nation's energy is important, because if we keep on wasting our resources, polar bears and tigers will be a thing of the past. There are many things that we can do to help out. We can turn the air conditioner off when we go out, turn off water when we aren't using it, turn off lights if we aren't in that room, and recycle bottles and paper.

You see, we use up the resources around us. For example, we cut down trees to make paper. What we are really doing when we hack away at trees is, we destroy an animal's home. If we waste paper, and trees aren't replanted, then soon enough lots of little animals won't have homes. Then, those sweet animals, who didn't have a say in anything, will become extinct. It's time to take action, and if we just try, we can make a difference. The animals don't have voice, so we must speak up for them.

uotable "In the end, Iraqis will decide the out-

come of this struggle. Our task is to help them gain the time they need to save their country. To do that, many of us will live and

fight alongside them. "Together, we will face down the terrorists, insurgents and criminals who slaughter the innocent. Success will require

discipline, fortitude and initiative - qualities that you have in abundance."

- Gen. David H. Petraeus, Commander of Multi-National Force-Iraq, at Camp Victory, Iraq, Feb. 10.



erate in those environments, so we trained our aircrews how to operate in

"Right now, we don't know the exact

find that out.

we love when they need us most. It happens when our husband or wife enters the room and we are too busy to look up from what we are doing. It happens when we argue day after day, and seldom let each other know how much we love and appreciate each other. Researchers have found that every negative action or negative spoken exchange in a marriage has about five times the power of the positive. In

problem is drift.

pletely off course.

other words, when we say something hurtful to our spouse it completely destroys the positive effect of about five occasions when we said something positive or kind. Over a period of time, a husband and wife find that there is quite a distance between them, resulting from the many small hurts of these negative interactions. Sometimes it happens when we encounter an

obstacle. Someone in the family becomes ill, we experience financial difficulties, or we cope with the separation and stress of deployment. Instead of turning toward each other and encouraging each other through the obstacle, it is easy to turn against each other. We end up saying things that are hurtful and damaging, and distance the one

In one of the largest studies of marriage ever performed, researchers studied more than 7,000 couples that had been married for at least six years and considered themselves to be "happily married.'

They found that the most common characteristic amongst these happily married couples was that they turned toward each other during times of difficulty, rather than turning against each other.

In land navigation it is helpful to be aware of the tendency to drift to the left or the right. It is helpful to know yourself and what your tendency is. In order to stay on course, then, you make frequent checks on some distant point or use your compass very deliberately to ensure you are still on azimuth.

It is also important to be very intentional when we come upon an obstacle. It may be necessary to box the obstacle off, counting the number of steps you go to the left or right and then intentionally taking the same number of steps in the opposite direction after you have cleared the obstacle.

That same intentionality can keep us from drifting in our relationship with God, in our relationship with our spouse, and in other areas of life. I don't know of a better way to stay on course,

than to regularly turn to the truths of the Bible and to maintain a walk with the Lord through prayer. Psalms 119:105 says, "Your word is a lamp to my feet and a light for my path."

The author of Proverbs knew of the tendency to drift, he wrote: "Do not swerve to the right or the left; keep your foot from evil" (Proverbs 24:7).

Also, in Proverbs 3:5,6 we find this important truth: "Trust in the Lord with all your heart and lean not on your own understanding; in all your ways acknowledge him, and he will direct your

May you stay on course with God's help!

"Better legal

"More support, like meetings and activities.

Brendy Bisquera



stateside for Soldiers.

1st Lt. Michael 84th Engineer Bn



"More care to Soldiers will help.

Sgt. Dantony 84th Engineer Bn Mechanic



"More consistent communication members and Soldiers.'

families and deployed Soldiers?"

"What more can be done to support

Renee Diaz



groups could do a better job of focusing on families.

"Readiness

Staff Sgt. Luther Smith 500th Ml Brigade

Medevac unit stays on alert, saves comrades

SPC. DANIEL BEARL 25th Combat Aviation Brigade Public Affairs

TIKRIT, Iraq - Just off of the flight line at Contingency Operating Base Speicher, a coffee shop sits next to several other small buildings and tents in the shadow of a large hangar.

Inside, UH-60 Black Hawk pilots, crew chiefs and flight medics watch television, drink coffee and chat.

These men and women of the air ambulance company serving Multinational Division – North appear, at first glance, to be enjoying time off. They are actually getting in what relaxation they can in the time between calls.

"Most of the day, we try to relax, but when the call comes, we have to run at 100 percent," said Sgt. Nicholas Egbert, a flight medic with C Company, 3rd Battalion, 25th Aviation Regiment, 25th Combat Aviation Brigade, 25th Infantry Divi-

The air ambulance company's primary job is to respond quickly whenever there is a call to evacuate or transport an injured

From their base, crews must fly to where the injured person is, provide immediate care and perform lifesaving measures until they can get the injured to the nearest medical facility.

The company must be on constant alert, ready at a moment's notice to fly wherever there are injured troops.

"When on duty, you don't have the luxury of taking showers or even taking your uniform off," said Chief Warrant Officer 2 Jon-Glen Brown, a pilot with the

When a call comes in, the crew on duty



Sgt. Scott McDonald, a crew chief with C Company, 3rd Battalion, 25th Aviation Regiment, 25th Combat Aviation Brigade, performs a routine maintenance check on a UH-60 Black Hawk helicopter in Tikrit, Iraq.

has between 15 and 20 minutes to get in

In order to meet this stringent timeline, the crews are well rehearsed in exactly what they have to do to get into the

"A good way to describe it would be coordinated chaos," said Pfc. Joseph Sko-

rupski, a radio transmission operator for the company.

Once they get a medical evacuation request, Soldiers often have to change gear from a dead stop to full speed in order to get into the air in time.

"You're trying to get some sleep, you wake up, you run as fast as you can, and

"Usually the crew chief will go out to get the aircraft ready while the medic and pilot in charge stay to get info from command post. Our goal is to be in the air in [less than] 10 minutes.

A lot has to happen in those 10 minutes though. The pilots need to figure out where they are going and plot the best route there, and the medic must get as much information about the injury as they can so they can make sure they bring the proper equipment.

The air ambulance company works with a full range of patients - from a contractor who swallowed his dentures to the worst injuries that a combat zone can produce.

Staying focused in the short time before take off and while conducting a mission is one of the most difficult aspects of the job.

Soldiers have to be able to shut out any worries or concerns that can cause them to be less than focused on the task at hand.

'One thing about our job, it happens really quick," Brown said. "A cloud comes over, and there's only the here and now. It's like a blanket falls over everything else in the world.'

Part of staying focused is knowing the job in and out, and even a little of each others' jobs so that when crews have to move quickly, they can perform their duties almost as a reflex.

The crew chiefs of each shift are responsible for making sure the aircraft are in a constant state of readiness. They check the helicopters' engines, structures and flight controls to ensure they are in working order.

The flight medics, aside from providing

immediate care to their patients, must also learn some flight crew skills in order to assist the crew chief. Similarly, the crew chief may sometimes have to assist the medic with tending to a patient.

Meanwhile, it's the pilots' job to get the aircraft to and from the patient's lo-

cation as quickly and safely as possible. "I know the limits of the aircraft, and it's my job to fly it as fast as it will go," Brown said. "If the medic's not talking to me, I need to fly faster."

Successfully completing their mission also requires fast and accurate coordination within their command post on Contingency Operating Base Speicher. As conditions change, or more information becomes available, the unit's radio transmission operator has to keep the lines of communication open and organ-

A crucial part of the mission is for the radio operator to take in the information organize it and push it back out to the people who need it, Skorupski said.

While their job is dangerous and hectic air ambulance Soldiers find satisfaction in their work.

"We're in the business of saving lives," Brown said. "I don't think there's any higher calling.

"I just want to say how proud I am of this team for the missions they execute each day, putting themselves in harm's way for the Soldiers on the ground," said Maj. Pete Eberhardt, the company's commander. "The morale boost to the [Soldier on the groundl is immeasurable. Every time the [Soldier on the ground] goes outside the wire, he is confident that we will [quickly] respond if he needs us.'

Military, civilians cooperate to secure Iraqi infrastructure

Story and Photo by SPC. MIKE ALBERTS

3rd Infantry Brigade Combat Team Public Affairs

KIRKUK, Iraq - Keeping Iraqis safe and their infrastructure secure is a primary coalition and Iraqi security force mission. However, it's a job that cannot and will not be accomplished without cooperation from the local popu-

Military transition team (MiTT) Soldiers of the 3rd Infantry Brigade Combat Team's 3rd Battalion, 7th Field Artillery Regiment, facilitated a historic security cooperation meeting at remote Forward Operating Base Gains Mills in the Kirkuk Province, Iraq, last month. The meeting included the Iraqi

Brigade (1st SIB) and approximately 50 local village leaders.

Brig. Gen. Mamoud Safeen, commanding general, 1st SIB, 4th Iraqi Army Division, hosted the three-hour meeting. Among other things, Safeen's 1st SIB is charged with securing and protecting arguably the most valuable real estate in northern Iraq – its oil fields and infrastructure, and those primary travel routes in and around that infrastructure.

"The SIB's primary mission is to protect oil infrastructure, which includes the various pipelines. They also escort and provide security for infrastructure repair teams and guard routes adjacent to and near

Army's 1st Strategic Infrastructure that infrastructure to deny improvised explosive devices [IEDs] on those roads," explained Maj. "Sonny" Lee, battalion training officer-in-charge and MiTT chief, 3-7th FA, 3IBCT.

"It's 140 to 160 kilometers of battle space in terms of length of pipe and terrain. That's a lot of area, and it includes all those villages along the 'oil corridor' from the [northern] town of Dibis [down through Kirkuk and southwest] to Bayji," said Lee.

During the meeting, village leaders expressed concern with recent searches of homes within their respective villages, the confiscation of weapons, the status of detainees



Lt. Col. Jack Pritchard (center), battalion commander, 3rd Infantry Brigade Combat Team, 3rd Battalion, 7th Field Artillery Regiment, discusses oil infrastructure security with local village leaders at a security conference hosted by the Iraqi Army's 1st Strategic Infrastructure Brigade in Kirkuk, Iraq.

and the need for jobs. However, the primary topic was security. In this regard, General Safeen's message was clear: The SIB needs cooperation from community leaders to help prevent the sabotage of critical oil infrastructure and to stop the emplacing of IEDs.

"Oil is the future of Iraq," said Safeen, through an interpreter. "It is not mine and it is not yours. It's ours and it's the wealth of the Iraqi people," he said. "We cannot protect it by ourselves. We need continuous cooperation from your communities to keep the oil flow-

SEE SIB, A-7

Pediatric hospital a model for medical care

SPC. MIKE ALBERTS

3rd Infantry Brigade Combat Team Public Affairs

KIRKUK, Iraq - Medical and Provincial Reconstruction Team (PRT) Soldiers of the 25th Infantry Division's 3rd Brigade Combat Team traveled to Kirkuk's only pediatric hospital to conduct an institutional assessment last month.

The pediatric hospital compound contains several interconnected, single-story structures and is located in the northwest section of the city of Kirkuk. Fourteen attending physicians work in the 120-bed facility, which is typically filled to capacity, according to Dr. Shawar Ali, pediatrician and director of technical affairs for the Department of Health in the Kirkuk

Ali walked his coalition-force guests through operating and birthing rooms, highlighting the 28 incubators for premature children, 17 of which are new with ultraviolet lights. In addition, the hospital has two X-ray machines, one of which is new, and a post-operative room with a six-bed capacity. Recently, the facility upgraded its electrical system and it has excellent clean water and sewage sys-

According to Lt. Daniel Grajeda, naval environmental health officer, the purpose of the day's visit was for medical and



Curtis (right), brigade surgeon, 3rd Brigade Combat Team, 25th Infantry Division, who speaks Arabic, discusses a boy's treatment with his Iraqi mother at the Kirkuk Pediatric Hospital, in Iraq.

PRT representatives to observe firsthand and works with the PRT's health and edthe quality of the facility, to speak with its physicians and to assess the hospital's needs to determine whether coalition forces could help. Grajeda is attached to the 25th Infantry Division's 3rd Brigade

ucation sections. The PRT's primary mission is to assist and facilitate the Iraqi government in becoming self-sustaining, which includes its medical infrastructure.

"Their level of care is very good and by

all accounts the facility is very good,' said Grajeda. "They can do much more here for children that some of the other hospitals I have visited while [in Iraq]. They have labs, neonatal intensive care units and can clearly handle most sur-

geries," he continued. "Basically, almost anything a child needs in terms of medical care can be provided there.

Capt. Christopher Curtis is 3rd Brigade's surgeon. Curtis was equally impressed with the capabilities of the hospital and its

"The standard of care is very high, and they manage to keep the hospital very clean which is challenging in this [dusty] environment," said Curtis. "Of course, the lack of equipment does decrease the level of care that could be provided. For instance, they do not have a pediatric intensive care unit because they only have one pediatric ventilator in the entire city. Also, there is just one available pediatric surgeon for this entire province," he ex-

The hospital also lacked a centralized oxygen system and was short on certain medications and other typical supplies due to the security challenges of getting equipment and supplies from Baghdad.

"But I would add that the knowledge base and capabilities of the physicians are excellent," emphasized Curtis. "There's a perception in the Iraqi community that American doctors are better, which is not fair to Iraqi doctors. Our visits to hospitals hopefully help [to debunk] that perception. "They are on par with us."

Holy Family Home Orphanage welcomes Wolfhounds in Osaka, Japan

SPC. MIKE ALBERTS

3rd Infantry Brigade Combat Team Public Affairs

Last July, four Japanese orphans were welcomed to Hawaii by Wolfhound Soldiers for a week of fun as part of a longstanding tradition that traces its history back to the generous actions of Honorary 27th Infantry Regimental Sgt. Major Hugh O'Reilly.

O'Reilly established a special relationship with the Holy Family Home Orphanage in Osaka, Japan, when he and a dozen other Wolfhounds - then stationed in Japan – visited the orphanage as part of a Red Cross outreach mission on Christmas Day, 1949. Gradually, the Wolfhounds came to adopt the orphanage due in large part to O'Reilly.

In 1957, the unit invited two children

their families stationed in Hawaii. The orphanage extended a similar invitation, and each year Wolfhound leadership sends Soldier representatives to visit the children in Japan. Despite their deployment to Iraq, this year was no different.

Recently, Pvt. Sheena Custer and Sgt. Makoto Hirata, both 2nd Battalion, 27th Infantry Regiment "Wolfhound" Soldiers currently deployed to Kirkuk, Iraq, returned from their visit to Osaka. The Soldiers made the journey to keep a tradition alive, a tradition that not even the constraints of a global war on terrorism can sever, explained Lt. Col. Drew Meyerowich, battalion commander, 2-27, 3rd Infantry Brigade Combat Team.

"It is unquestionable, when you look at

from the orphanage to visit Soldiers and of the Wolfhounds and the many valorous acts of its Soldiers, how ruthless in battle we can be," said Meyerowich. "However, this traditional Wolfhound event continues to demonstrate our [equal commitment to being] compassionate in peace," he continued.

"Fifty-seven years ago in an occupied Japan we were able to distinguish between our enemy and the innocent people that got caught up in a war-torn nation. The fact that we have been doing this for 57 years is a commitment that as a unit commander I would never break. We did it through Korea and we did it through Vietnam, and I'm gonna do it [during our tour] through the global war on terrorism."

The orphanage currently houses approximately 120 children ranging in age from infants to those in high school. Upon

their arrival, the Soldiers enjoyed a December holiday celebration for which the children had been preparing for months, and spent the remainder of the visit simply interacting with the kids, explained

"When we got there, the kids put on an incredible presentation. Over the next couple days, we toured the home and the city of Osaka and neighboring areas," said Custer. "During each outing, 10 to 12 kids would join us, so we basically interacted with every single child, except the infants," she said. "For me, I'll never forget it. It changed me, and I think about those kids every dav."

Custer's traveling companion, Sgt. Makoto Hirata expressed similar sentiments. Hirata, who speaks Japanese, volunteered to spend time with the children during their visit in early 2005.

"I really connected with the kids because they needed translators during their visit, and I also became friends with Yuko [Sgt. Major O'Reilly's widow]," he said. "I spent a lot of time with the kids so I asked [to be one of the unit representatives]." Although he was not chosen in 2005, Hirata asked again this year and was selected

"The best part of the trip was the car rides to the different locations, not the locations themselves," he continued. "In the car you really got a chance to talk to all of the kids in that group and really get to know them. The whole thing really has been such an incredible experience.

"In fact, and I have talked to the orphanage about this, but I really hope to work there when I'm finished with the

Takara fills father's role

KHALIDA DUBOSE Staff Writer

Schofield Barracks Soldiers had the opportunity to interact with a piece of living history at the 8th Theater Sustainment Command dining hall,

Kathryn Waddell Takara, daughter of recently deceased Buffalo Soldier William Henry Waddell, spoke to Soldiers on cultural perspectives she developed growing up under her father's roof.

Her father, Waddell, 98, died Jan. 30 at his home in Kaaawa. He was one of only two surviving Buffalo Soldiers.

Takara, surrounded by people who knew her father and heard him speak over the years, said she was there to honor him.

"My father would have wanted me to be here, because he was always here speaking to the Soldiers during Black History month," said Takara. "My papa always told me to be strong; he would always come, even when he was frail."

Takara, who teaches interdisciplinary studies at the University of Hawaii (UH) at Manoa, asked listeners to bear with her as she spoke about the accomplishments of her father as an African American man and a humanitarian.

She reminisced about her childhood and the perspective she developed about African American culture as well as other cultures growing up. Takara said her parents made sure she was exposed to education and culture, making her a better, more open-minded person.

"My father had a difficult time growing up, but he never let it get to him. He wasn't prejudiced. His parents instilled those values in him," she said.

Takara is also an accomplished poet. In 1971, she created the first black studies courses in the ethnic studies program at UH.

In addition to her many degrees, Takara has been featured in newspaper articles in Hawaii, and she has interviewed prestigious black scholars such as Maya Angelou and Angela Davis, among many others.



Kathryn Waddell Takara, daughter of well-known and recently deceased Buffalo Soldier William Henry Waddell, addresses Soldiers at a Schofield Barracks Black History Luncheon, Feb. 9.

Takara, Waddell's only child, planned his funeral and laid her father to rest Monday.

She said the best way she could honor her father was by living in the moment and knowing when to seize opportunities.

The speech she delivered at the luncheon was not meant to focus on the hardships of blacks, but rather their accomplishments, she said.

"My dad was never negative about what African American people have been through," said Takara. "He always focused on the contributions we made to the world, rather than our sufferings.

In addition to the Feb. 9 luncheon, another African American Observance was held yesterday at the Sgt. Smith Theater on Schofield Barracks.

U.S. Army, Pacific will host a Black History Month celebration Feb. 23 at 11:30 a.m. in the 9th Regional Readiness Command assembly conference room (Bldg 1554), Fort Shafter Flats. All are invited to enjoy gospel singing, food sampling, role playing, a slide presentation and more.



Photos by Sgt. 1st Class David E. Gillespie I 45th Sustainment Brigade Public Affairs

Capturing the "Great Aloha" spirit at Q-West, U.S. and Iraqi Soldiers participate in the Great Aloha Run. One Iraqi soldier makes the "shaka" sign, a common greeting in Hawaii's beach and surfer culture

GAR: Aloha spirit reaches Iraq

CONTINUED FROM A-1

ha Run to Iraq because we thought it would be a good morale booster for the Soldiers," said Master Sgt. Fredrick Baldonado, operations noncommissioned officer in charge, 524th Combat Sustainment Support Battalion. "It also gives the units a sense of pride, and the Soldiers really seemed to enjoy it."

The idea of bringing the event to Iraq was first introduced in a meeting when enlisted leaders discussed ways to boost the morale of Soldiers on the FOB and bring the Q-West communi-

ty together, Baldonado said.
"After we had come up with the idea of bringing the run to Iraq, the sergeant major looked at me and said, You're in charge," said Baldonado. "From there, we just did all the planning. We had a lot of interim progress reviews to let other units know what was going on, allowing them to keep their Soldiers informed. I think it turned out pretty well."

The Great Aloha Run at Q-West took more than two months of planning, including maximizing the safety of runners, Baldonado said. Units also had to balance their mission planning

Soldiers the opportunity to run.

"In the end, we had a lot of participation," he added. "We raised \$2,563

for Hawaii's charitable organizations. Aside from being a great run, the event was also a lot of fun, said Spc. Christopher Stephens, a driver with 45th Special Troops Battalion. "I thought it was a good idea to bring the Great Aloha Run to Iraq, because it is kind of a tradition with the units stationed there to run in it."

The deployment doesn't stop the Second Lt. Eric Soliz, from the

rying on a unit tradition.

aloha spirit, he continued. "If we can't be in Hawaii to run it crosses the finish line first, there, big deal. We shouldn't let the fact running the 8.15-mile course in that we are in Iraq stop us from car- just 59 minutes, 14 seconds.

364th Quartermaster Company,

Technology week introduces gizmos, gadgets

KHALIDA DUBOSE

More than 60 exhibitors spent the week of Feb. 5–9, at military installations, showing off the latest gizmos and gadgets.

This year's Technology and Industry Day convention, sponsored by the Federal Business Council [FBC], was held at five military posts and bases island-wide, and hosted more than 1,000 attendees.

Family members, Soldiers and civilians turned out to the conventions at Schofield Barracks, Fort Shafter, Pearl Harbor, Hickam Air Force Base and Camp Smith. to collect information on everything from continuing education in the technology field, to the latest designs of hydration systems and wireless solutions.

"This is an opportunity for Department of Defense personnel to take a look at the latest technology," said Dennis O'Neill, FBC director for the western region, "We've been coming out for 11 years to keep people up-to-date on the latest technology for the military."

On the fourth day of the convention, vendors set up their booths in the ball-room at the Nehelani Banquet and Conference Center and answered questions and gave demonstrations to hundreds of Soldiers filing in and out of the ballroom. In true conference style, attendees collected bags of trinkets and a slew of information.

mation offered, attendees and exhibitors enjoyed just as much food, as an added incentive from FBC. At least 17 exhibitors represented local

In addition to the abundance of infor-

businesses from around the island.

Exhibitors with island-based business were reminders to island residents of the many forms of technology and services available to them on Oahu.

Hawaii Pacific University, for example, distributed information on several types



(Left to right) Capts. Tom Piazze and Ric Becker, both from the 84th Engineer Battalion, stop by the SKILCRAFT booth on their way to lunch during the Technology and Industry conference held at the Nehelani Banquet and Conference Center. Vendor Bob Bush descibes some of the features of the company's drinking systems.

working professions and those who already have undergraduate degrees, said Patrick Reagan, associate director for graduate ad-

Another exhibitor that peaked the interest of Soldiers in particular was SKIL-CRAFT, a company that makes high performance, on-the-move drinking systems. The hydramax, which is similar to a Camelback, comes in six different styles and has the capacity to hold between 70 to 120 ounces of liquid, depending on the model.

Cellhire, a newcomer to the convention. distributed information on wireless solu-

of graduate degrees. HPU was targeting tions. The company, which recently began contracting with the military, provides Soldiers with communication devices they can use while on deployment, said Jon Grabow, senior vice president of sales for the com-

As the week wrapped up, O'Neill said he

considered the success and was grateful to all of the vendors who participated. As an added bonus, three sets of Pro

Bowl tickets were given out to lucky attendees at the beginning of three exhibits during the weeklong convention.

"Each year we have a great turn out," said O'Neill. "Vendors see the value in coming out to sell and update people on what's going on in the IT industry.'

community@hawaiiarmy weekly.com.

20 / Tuesday **GSA Closes for Inventory**

The GSA Customer Supply Center at Schofield Barracks will be closed Feb. 20-23 to take its annual inventory. The center will reopen Feb. 26.

In the interim, customers are reminded to make purchases at the Hickam Air Force Base GSA store Call 655-0280.

22 / Thursday National Prayer Luncheon -

The annual National Prayer Luncheon will be held Feb. 22 at 11:30 a.m. in the Nehelani on Schofield Barracks.

The theme of the luncheon is "Caring for God's People in the Midst of Crisis." The guest speaker will be Command Chaplain (Col.) Sonny Moore, U.S. Forces Command, Atlanta, Ga.

Tickets will be available through unit ministry teams, command sergeants major or at the event. The suggested ticket donations are \$3 for Soldiers E-1 through E-5, and \$5 for all others. Call 656-1384 or 655-9355.

SEE NEWS BRIEFS, A-7

HAWAII ARMY WEEKLY FEBRUARY 16, 2007 | A-7

Ten Rider coaches teach safety at WAAF

BILL MAXWELL Schofield Barracks Installation Fire and Safety Office

WHEELER ARMY AIR FIELD - The Installation Fire and Safety Office completed a nine-day motorcycle Rider Coach certification course for 10 Schofield-area riders, Feb. 8.

The course trained teachers for the Motorcycle Safety Foundation Basic and Experienced Rider Courses, which motorcyclists are required take to ride on

"It's a tough class," said Rider Coach Robert "Skipper" Brown of Albuquerque, N.M. "You are responsible to know every learning principle and motor skill component, and be able to demonstrate your coaching ability to be certified."

The Safety Office contracted Brown to conduct the intensive course, which ended with rider coach candidates conducting both a three-day Basic Rider course and a one-day Experienced Rid-

"I think they did a good job, the knowledge and skill test scores of the students they taught show they passed on the information well," Brown said.

Six of the new Rider coaches will fulfill roles as brigade motorcycle representatives, working with current and potential riders in their



From A-6

23 / Friday

Black History Celebration -U.S. Army, Pacific will host a Black History Month celebration Feb. 23, from 11:30 a.m.-1 p.m. The event will take place in Building 1554, in the 9th Regional Readiness Command assembly conference room, Fort Shafter Flats.

Everyone is invited to enjoy gospel singing, food sampling, a keynote speaker, role-playing, a slide presentation and more. Call Col. Jennie Williamson at 438-3157.

28 / Wednesday Preretirement Orientation -

A semiannual preretirement ori-

entation will be held Feb. 28, from 8-11:30 a.m. at the Schofield Barracks Post Conference Room. This orientation will cover the

benefits and privileges of military retirement. Invited personnel include Soldiers and their spouses with at least 18 years of active service. Representatives of federal, state and military staff offices will be available to answer questions. Call 655-1585/1514.

Training Day — The Fort Shafter and Schofield Barracks vehicle registration and installation pass offices will be closed 11 a.m.-4 p.m., Feb. 28, for training. Normal hours will resume March 1.

The Fort Shafter office is located in Building 1599 and the Schofield Barracks office is located in Building 6508 on Leilehua Golf Course Road. Call 655-

Green to Gold - The Army Green to Gold Program is seeking Soldiers who are interested in earning a college baccalaureate or master's degree. To be eligible, Soldiers must have served at least two years on active duty. Selected Soldiers have an option of requesting discharge from active duty or remaining on active duty and en-Training Course (ROTC) to be commissioned as a second lieutenant.

The current application window will be open until April 1. Visit www.rotc.usaac.army.mil/ command/Green2Gold/index.htm.

A program briefing will be held at the Schofield Barracks and Tripler Army Medical Center Education Centers the last Wednesday of each month.

Call the University of Hawaii Army ROTC Warrior Battalion, 956-7766 or e-mail gblt@hawaii. edu.

10 / Saturday

Gate Closure - Lyman Gate on Schofield Barracks will close March 10-June 30 for construction improvements.

Macomb Gate will reopen only for exiting the post, McNair Gate will be used for entry only. Commercial deliveries, visitors and unregistered vehicles must use Mc-

Nair Gate. Call 656-2473. For a map of the changes, visit www.25idl.army.mil/communityimpactupdates/roadclosuremap.ipg.



Spc. Aaron Kirzner, center, coaches student Sgt. Mary Patwin during the Installation Fire and Saftey Office's nine-day motorcycle Rider Coach Certification course at Wheeler Army Air Field, Feb. 8.

units to ensure everyone receives this important training prior to riding.

Two Rider coaches will work full time as part of the Installation Fire and Safety Office team. One Rider coach

will work with Air Force motorcyclists, another is a retiree will work under contract on post.

All will volunteer their time to teach classes to Army riders on Oahu.

Congratulations to new Rider coaches:

Sgt. 1st Class James Meyers Staff Sgt. Christine Grover Staff Sgt. Alan West Sgt. Kelly Schelling Spc. Aaron Kirzner USAF Tech. Sgt. David Smith Ken Ayers Ricardo Castanon Matt Jones Bruce Marshall

For more information on the Rider Coach course, call the Installation Fire and Safety Office at 656-9640 or 4150.

"We teach nearly a thousand riders every year, said Sammy Houseberg, safety director. "I have full-time staff that can now cover every course, but the brigade representatives are an important part of keeping motorcyclists safe."

SIB: Iraqis, US keep oil flowing

Safeen's coalition counterparts agreed.

"The SIB is interested in helping secure the future of Iraq. Oil is the future of the economy here, and local leaders are interested in that future. Most leaders came to this meeting to see what part they can play in the future, not only of this province, but also this country," said Lt. Col. Jack Pritchard, battalion commander, 3-7th

"It's important for [local leaders] to understand that an attack on the oil pipeline is an attack on the future of their communities," said Pritchard. "They are only hurting themselves if they allow attacks to occur. If the oil is not flowing, they're not going to get the things like kerosene they say they desperately need."

"Meetings like today are important because leaders must be involved in influencing their communities if we will ever truly create a secure and prosperous environment," said Lee. "Security in Iraq is everyone's job. It is not, and cannot be, simply a military function."

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Dedication: Legacy of fearless warrior will remain

Hoe, wearing his son's over-

their place," he said.



The expression on the face of Mrs. Adele Hoe, flanked by her son. Nakoa, left, and her husband, Allen, conveys a tinge of somberness at the dedication of the building named in honor of her eldest son, Nainoa. humbly accept this recognition of his service and sacrifice."

Hawaiians are very aware of the power of words and giving a name to anyone or anything is a serious matter in Hawaiian culture, Hoe said.

By stating, then translating, the Hawaiian proverb - in words are life, in words are death -Hoe acknowledged that words, like names, have spiritual power.

"Hence, on this day two gifts are given. We accept your gift of honor; now please accept our gift of Nainoa's and our name," he said. "It is a gift not lightly given.

"This place that bears his name is imbued with his mana, his spirit," he said.

Then, in dramatic tribute to the fallen Hawaiian warrior, four warriors from Ka Pa Lua Hawaii performed a ha'a (a battle dance) that awed the spectators and made Hoe's mother, Adele, weep.

The elder Hoe said the ha'a would fill the center with the ancient warrior spirit.

"This center created to train modern warriors ... will "May those who train here find in this place all bear his, and our family that they need to fulfill their individual and colname," Hoe said. "It is a lective destinies," he said.

singular honor for him "May they, and we, be cherished and protected by he who is greater than us all." and for us, and we

Town Hall: Experts address resident woes

CONTINUED FROM A-1

Wallace told residents that resources to move vehicles are minimal, but that progress is still being made.

Wallace also discussed the never-ending subject of speeding, driving while talking on a cell phone, and the lack of safety belt usage among on-post drivers. "I need your help with that," he told residents.

Residents were made aware that an experienced trapper has been steadily removing wild pigs from the Tripler and Fort Shafter areas. Boussy said one of the pigs found in a trap was approximately 200 pounds. He cautioned parents to keep their children away from the traps.

During the question and answer portion of the meeting, residents raised important concerns including the lack of protection at gates. One resident said that she hardly ever sees anyone guarding the gates at Fort Shafter.

After the concern was raised, other residents chimed in agreeing with her. Wallace asked the residents to see him after the meeting so he could address the issue.

Many residents spoke with SMEs after the meeting, to shed light on their personal concerns and to get answers to specif-



www.25idl.army.mil/haw.asp

"When work is finished."

FRIDAY, FEBRUARY 16, 2007



National Football League storms Oahu, leaves lasting impression on Soldiers and family members

JEREMY S. BUDDEMEIER Assistant Editor

AIEA — After much hype and hubbub generated by island media, the National Football League's Pro Bowl game finally took center stage at the Aloha Stadium, Saturday.

The game was the exclamation point for a series of events throughout the week where Oahu's military families had more than ample opportunities to interact with NFL players, cheerleaders and mascots.

NFL stars and their entourage greeted fans and signed autographs at Aliamanu Military Reservation, the Tropics and the Engagement Skills Trainer on Schofield Barracks; visited patients at Tripler Army Medical Center; taught a cheerleading minicamp at Pearl Harbor; took a small boat tour with the Coast Guard at Sand Island; and battled lightheartedly against each other at the NFL Skills Challenge.

By the time the actual game began under a breezy, cloud-scattered sky, some Soldiers were already familiar enough with the players to ask for

"I gave a few items to DeMarcus Ware [outside linebacker for Dallas Cowboys] and he's going to get a couple of signatures for me," said Staff Sgt. Jay Lawrence, beaming.

As the pregame noncommissioned officer in charge for the Army, Lawrence, 2nd Stryker Brigade Combat Team, supervised 22 Soldiers who waved NFL team flags during the pregame show and sprinted the length of the field with AFC or NFC flags when either team scored.

"I think I crossed the field about six times," Lawrence said. "But it was good PT [physical training]"

In all, more than 200 Soldiers volunteered to assist with everything from the pre-game show to setting up the multicolored volcano half-time stage to the postgame wrap up.

"It was awesome; I can't explain it," said an excited Sgt. Jason Bryant, 2nd Bde., Headquarters and Headquarters Company (HHC).

Bryant, who carried the Denver Broncos' flag during the pregame show, especially enjoyed running with Broncos' all-stars onto the field, with fireworks

leremy S. Buddemeier I.I. S. Army Ga

Jeremy S. Buddemeier I U.S. Army Garrison, Hawaii, Public Affairs

Atlanta Falcons' cornerback DeAngelo Hall latches onto the knee of San Diego Chargers running back LaDainian Tomlinson as the AFC drives toward the end zone in the first half of the 2007 NFL Pro Bowl at Aloha Stadium, Saturday.

exploding in the background.

Spc. Walter Decker, also of 2nd Bde. HHC, carried the Super Bowl champion Indianapolis Colts' banner onto the field during pregame and NFL Hall of Fame induction ceremonies.

For Decker, the most thrilling aspect was "hearing the 'Star-Spangled Banner' being sung and seeing all the teenagers make a big flag on the field." Saturday's Pro Bowl was the first time Decker had witnessed an NFL game from the field.

For other Soldiers and family members, watching the game from the stands was enough.

"I love football in general," Sgt. Steve Weeks, 25th Combat Aviation Brigade said. "I got tickets right when they went on sale."

As Hawaii lacks most professional sports except for surfing, fans reveled in the NFL action; they did the wave, posed with mascots and witnessed New York Giants' Tiki Barber score the final touchdown of his career.

"It was overwhelming," said Master Sgt. Charles Feliciano, central tasking officer, 8th Theater Sustainment Command, 25th Infantry Division, who coordinated the Army's overall participation for the event. "It's not just a one-day event ... and there are so many people involved." However, Feliciano quickly mentioned he would do it again.

For the Soldiers who volunteered, and the fans who attended the game, the Pro Bowl provided an electric atmosphere with which no usual flea market Saturday at Aloha Stadium could compete.

Christa B. Thomas I U.S. Army Garrison, Hawaii, Public Affairs

Right — The Indianapolis Colts' Reggie Wayne, fresh off a Super Bowl victory, catches a 72-yard scoring toss from Carson Palmer, helping to cement a \$40,000 bonus for himself and his AFC teammates.









Photo 3 by Jeremy S. Buddemeier, Photos 1, 2, 4, and 5 by Christa B. Thom



17 / Saturday

Yu-Gi-Oh — Get ready to duel at the Tropics on Schofield Barracks. Tournament Yu-Gi-Oh registration starts at noon and matches will start at 1 p.m. Cost is \$6 per person and includes a pack of the latest Yu-Gi-Oh cards. Prizes will be awarded, and all ages are

welcome. Call 655-8522.

18 / Sunday

Seafood Sunday Brunch — Experience a delightful meal featuring popular brunch menu favorites with a special seafood selection at the Kolekole Bar & Grill, Schofield Barracks, 10 a.m.-2 p.m. Call 655-4466.

20 / Tuesday

Rhythm & Blues — Armed Forces Entertainment presents the rhythm and blues (R&B) group, Fantasy. With well-blended compilations of R&B, oldies and top 40, these East Coast musicians have perfected the rhythm and harmony of their beats. The show begins at 6: 30 p.m. at the Nehelani, Schofield Barracks. Ĉall 655-0111.

21 / Wednesday

Blue Star Card Preview $\tilde{\textbf{N}}$ ight — BlueStar Card holders are invited to a special preview of the Army Community Theater production "Joseph and the Amazing Technicolor Dreamcoat" on Fort Shafter. Enjoy an evening out, which includes light refreshments, transportation and child care. Call 655-0112.

Performances will also be held at Richardson Theatre, Fort Shafter, Feb. 22-24 and March 2, 3, 9, 10, 16 and 17. Tickets are available at the box office, Monday-Friday, from 10 a.m.-2 p.m., or online at www.squareone.org/ACT/tickets.html. Call 438-4480.

22 / Thursday

Ante up! — Put on your best poker face and participate in a free Texas Hold'em tournament at the Tropics, Feb. 22 at 6 p.m. All ID cardholders are welcome to play, but get there early because there is only room for 120 people to play. Call 655-5697.

23 / Friday

Hawaiian Luau Lunch Buffet — Enjoy the "ono" taste of a traditional Hawaiian

Send calendar announcements to

community@hawaiiarmyweekly.com.

16 / Today

College Scholarship — Feb. 16 is the final day to apply for the Army Engineer

Memorial Awards (AEMA) for graduating

The Geraldine K. Morris Award, another

AEMA scholarship, will be available to high

school seniors enrolling in an accredited

but may only receive one. Eligible applicants must have a parent who is an active duty or

retired Army engineer officer, or who died

on active duty. Call 703-383-3970, e-mail

aema.scholarship@gmail.com, or visit

www.aeowc.com. Applications must be post-

17 / Saturday

come in the Chinese New Year in Pearl-

18 / Sunday

March of the Lions - The Aloha Stadium Swap Meet will welcome the

Chinese New Year with a performance by the

Three lions will welcome the Year of the

Pig, Feb. 18. The opening ceremony will

begin at 9 a.m. at the main entrance in parking section 4-E. Visit www.alohastadi-

March

umswapmeet.net or call 486-6704.

Help wel-

Pig Business at Pearlridge

ridge Mall. The year of the pig will

be ushered in with an ancient

Chinese lion dance Feb. 17, start-

ing at 10:30 a.m. in the uptown

Asia Arts Organization.

Applicants may apply for both awards,

high school seniors.

nursing program.

marked by Feb. 16.



Old school stepping

Grace Yoshioka (center) of the Kaneohe Community Center teaches Cpl. Shkelia L. Milford (left) and Sgt. Quamellia Watts, 84th Engineer Battalion, the dance moves for "Elvira,

More than 2,000 seniors from across Oahu were present Feb. 9 for the 38th Annual Senior Citizen's Valentine's Day Dance at

"It's a wonderful blend of different age levels," said Roger Watanabe, senior citizen coordinator for the Department of Parks and Recreation. "I know our seniors are really excited when they see the Soldiers out there, and it's a good opportunity for us to thank them and to recognize them for all they do . . . we love to have them participate."

Ikena on Fort Shafter, or 11 a.m.-2 p.m. at the Nehelani on Schofield Barracks

Cost is \$9.95 per person. Call Hale Ikena 438-1974 or the Nehelani at 655-4466.

Sweethearts Teen Dance — Bring your sweetheart to the Aliamanu Youth Gymnasium for dancing, door prizes, and picture taking, from 7-9:30 p.m. Cost is \$10 per person, or \$15 for "sweetheart couples." This event is a formal affair, and proper social etiquette will be stressed. Call 833-0920.

24 / Saturday

Whale Watching — Join the Aliamanu teen center on a whale of an adventure. Teens are invited to come learn about whale behaviors and conduct whale counts with the Pacific Whale Foundation, Binoculars will be provided. Guests should bring sun

style feast, 11 a.m.-1 p.m. at the Hale block and money for food. The van will leave at 7 a.m. from the Aliamanu Military Reservation teen center. Call 833-0920.

Ongoing

SKIES Registration — Children who register for instructional classes and offpost discounts through the Schools of Knowledge, Inspiration, Exploration and Skills (SKIES) Unlimited need only enroll in SKIES and not with Child and Youth Services (CYS). Parents must complete a onepage application and show proof of the

There is a one-time enrollment fee of \$18. To enroll in SKIES, visit the CYS registration office on Schofield Barracks, Building 556 (655-8380) or, on Aliamanu Military Reservation, Building 1782 (833-5393).

To register for sports, child development centers, school age services, middle school teens, summer fun, family child care, parents night out, or short-term alternative child care, children must be a registered member of CYS. SKIES Unlimited enrollment does not cover CYS mem-

Hawaii MusicWorks Studio Classes

SKIES Unlimited is partnering with Hawaii MusicWorks Studio to offer a military discount program for music and voice lessons. Hawaii MusicWorks offers both classical study and pop study.

Classes include "Intro to Piano and Composition," "Intro to Guitar and Ukulele," "Intro to Voice," "Intro to Percussion" and "Rock School." Discount cards can be picked up at the CYS registration offices. Call 655-

friends, a place to find faith. The Protestant Women of the Chapel (PWOC) will host its Spring Session every Tuesday through May 15th. Sessions are held in the Main Post

tion. Call 206-8504. Volunteer Opportunities — Give back to the community by volunteering. It is a

Chapel on Schofield, from 9-11:30 a.m. Free

on-site child care is available by reserva-

great way to meet new people, receive valuable job experience and support the Army Hawaii family.

Opportunities are avail-

able on and off post. Free child care at an hourly rate is provided for up to 20 hours per week for those who volunteer with ACS. Visit www.mwrarmyhawaii.com or call 655-4227.

SAT/ACT Prep — Military families can receive the Scholastic Aptitude Test (SAT)/American College Testing (ACT) Power Prep DVD/CD-Rom training programs to prepare for taking the actual exams. This program is available in either a single DVD or two CD-ROM set that includes more than 11 hours of training video and 25-40 hours of student participation.

The program is valued at \$200, which will be subsidized 100 percent by the Victory Sports Group. The sponsoring group is made up of professional football players from around the world.

Military families pay only the \$9.95 shipping and handling charge. Customers may visit www.militaryhomefront.dod.mil to confirm military status, then go to the order page to request programs. Call the School Liaison Office at 655-9818.

Lyon Arboretum — The Lyon Arboretum, a 193-acre rainforest botanical garden, is offering free, guided tours, weekdays from 10-11:30 a.m.

The tour is limited to the first 12 participants. For reservations, call 988-0461.

The Arboretum is open Monday-Friday, 8 a.m.-4 p.m., and closed on state and federal holidays.

Classical Singers — Hawaii Vocal Arts Ensemble, Hawaii's premiere chamber chorus, is looking for a few experienced voices to join them for their 15th anniversary season. Experienced classical singers with strong music skills; clear, flexible voices; and the commitment to making beautiful choral music at the highest professional level are

Auditions will be held by appointment only. Contact music director Tim Carney at 261-6495 or e-mail maestrotim@aol.com.

Worship Sørvices

Aliamanu (AMR) Chapel, 836-4599

Catholic
Sunday, 8:30 a.m. – Mass
Sunday, 9:45 a.m. – Religious
Education (Sept.–May only)
Gospel
Sunday, 11 a.m. – Sunday
School (Sept.–June only)
Sunday, 11:30 p.m. –
Worship service
Protestant
Sundays, 9:45 a.m. –
Worship Service
Sunday, 11 a.m. – Sunday
School (Sept. – June only)

Fort DeRussy Chapel, 836-4599

 Catholic Catholic Saturday, 5 p.m.–Mass in Chapel (May–Aug.) Saturday, 6 p.m.–Mass on Beach
 Protestant Sunday, 9 a.m. – Worship Service

Fort Shafter Chapel, 836-4599

• Contemporary Protestant Sunday, 9 a.m.-"The Wave" Worship

Helemano (HMR) Chapel

• Contemporary Protestant Sunday, 10 a.m. – Worship Service & Children's Church

*Main Post Chapel, 655-9307

(Note: During renovation, services normally held in the sanctuary will take place at the Wheeler Chapel.) Catholic

Catholic
 Sunday, 9 a.m.-CCD & RCIA
 Collective Protestant
 Sunday, 10:30 a.m. Sunday School
 Gospel
 Sunday, 10:30 a.m. Sunday, 10:30 a.m. Sunday School

MPC Annex, Building 791

 Chalice Circle
Tuesday, 7 p.m.
 Islamic Prayers and Study
Friday, 1 p.m.
 Buddhist
4th Sunday, 1 p.m. Soldiers Chapel

• Catholic Friday–Saturday, 12 p.m. – Adoration (24 hours) • Protestant Sunday, 9:30 a.m. – Worship Service

Tripler AMC Chapel, 433-5727

Catholic Sunday, 11 a.m.–Mass Monday – Friday, 12 p.m.–Mass Saturday, 5 p.m.–Mass
 Protestant Sunday, 9 a.m. –
Worship Service

Wheeler Chapel

Catholic
Saturday, 5 p.m.-Mass
Sunday, 10:30 a.m.-Mass
 Collective Protestant
Sunday, 9 a.m. Worship Service
 Gospel
Sunday, 12 p.m. Worship Service

This Week at the



Night At The Museum

Friday, 7 p.m.

Sunday, 2 p.m. Thursday, 7 p.m.



Charlotte's Webb

(G) Saturday, 2 p.m. Wednesday, 7 p.m.



Code Name: The Cleaner

(PG-13) Saturday, 7 p.m. Sunday, 7 p.m.

The theater is closed Monday & Tuesda

3 / Saturday Writer's Workshop - Novice and sea-

soned writers are invited to Hawaii Pacific University's 10th annual Koolau Writing Workshop, March 3, from 8:45 a.m.-3:30 p.m. on the windward campus, located at 45-045 Kamehameha Highway. Darrell Lum, a writer who has found a

voice, and an audience, through his use of Hawaiian creole (pidgin), will be the

This event will feature nonfiction, poetry, fiction and scriptwriting sessions.

Participants will receive a breakfast from 8:45-9:15 a.m. and soft drinks and juice during the brown bag lunch.

A \$10 donation is requested for the workshops, \$5 for students.

To reserve a seat, call 544-9340 or 544-1108; or send name, address, and phone number to pwilson@hpu.edu by March 2.

De-clutter Your Life — For Women, By Women will host the De-clutter Your Life seminar, March 14, from 6-8 p.m. in the Hawaii Women's Business Center.

Ellyn Sollars, professional organizer and chief executive officer of "Declutter 2 Design" will be the featured speaker. Just in time for spring-cleaning, Sollars will provide guests with helpful tips to clear the clutter.

Participants will meet women of all ages, from all industries. Enjoy appetizers, informative speakers and great door prizes.

The event will be held at 1041 Nuuanu Ave., near Chinatown. Cost is \$20 with advance registration or \$25 at the door.

15 / Thursday

Military Spouses Scholarship - The National Military Family Association (NMFA) in partnership with the Military Channel invites military spouses to apply for the Joanne Holbrook Patton Military Spouse Scholarship Program.

The scholarships are available to military spouses of any branch or rank who want to train for professional certifications or to attend post-secondary or graduate school. They range from \$500 to \$1,000 and may be used for tuition, fees, room and board. Applications will be accepted through March 15. Visit www.nmfa.org/scholarship.

17 / Saturday

Luck O' the Irish - Irish eves will be smiling at Aloha Tower Marketplace's St. Patrick's Day celebration March 17, starting at 4 p.m. The free festivities will include live entertainment with music, contra dancers, and leprechauns; plus prize giveaways and party beads. The marketplace is located next to the Hawaii Maritime Center on Ala Moana Boulevard. Call 566-2337 or visit www.alohatower.com.

Ungoing

Summer Art Festival — Visual artists are invited to apply for the tenth Annual Haleiwa Arts Festival Summer Event, held July 21-22 in the Haleiwa Beach Park. Artists will be selected by jury to exhibit and sell their artwork and demonstrate their artistic styles and techniques during this two-day fine arts and crafts festival. Original and limited edition works of fine art in all media will be considered.

The deadline to submit an application is March 24. Guidelines, applications and adinformation are available at: www.HaleiwaArtsFestival.org

Clowns, Paradise Jugglers and Families for R.E.A.L. will delight the whole family at free celebrations every Tuesday, from 10:30 a.m.noon in the Pearlridge Mall uptown center court. Bring the children for crafts, balloons, storytelling, face-paint-

ing and silly songs. School-age children are invited to join the fun from 6-8 p.m.

MDA Volunteers Needed — The Muscular Dystrophy Association (MDA) has begun its search for summer camp volunteers. Volunteer counselors are needed to help young people with neuromuscular diseases enjoy a fun-filled MDA summer camp June 8-15 at YMCA Camp H.R. Erdman on the North Shore.

Volunteer counselors must be at least age 16 and able to lift and care for a young person between ages 6 and 21.

For an application, call the Honolulu MDA office at 593-4454 or 800- 572-1717. www.mda.org/clinics/camp www.groups.yahoo.com/group/mdaĥawaii.

Wives of the Warriors - The Military Council of Catholic Women (MCCW) at Aliamanu Military Reservation (AMR) chapel meets each Thursday at 9:15 a.m. in the chapel for its fall Bible study, "Wives of the Warriors." The focus of this Bible study is learning to live confidently in Christ as a military spouse.

On-site child care will be provided for STACC-registered children at least 9 months old. Nursing babies are welcome; however, RSVP for child care.

Call 836-4599 or e-mail MC-CWHawaii@yahoo.com.

Torch Lighting and Hula Show — En-

joy free nightly performances (weather permitting), 6:30-7:30 p.m. at the Kuhio Beach Hula Mound, near the Duke Kahanamoku statue in Waikiki. This show features a torch-lighting and

conch shell ceremony, authentic local music and dancing by some of the island's finest halau (troupes). Call 843-8002.

PWOC Spring Session - A place to find laughter, a place to find hope, a place to find

Bowl players test skills, become Soldiers for one day

JEREMY S. BUDDEMEIER

Amid the Pro Bowl hype, three NFL players unlaced their cleats and stepped into Soldiers' boots during a visit to Schofield's Engagement Skills Trainer (EST), Feb. 8.

However, prior to the players' arrival, a nervous energy filled the air as Soldiers predicted which players would step off

the bus.

"I'm hoping for someone from the Chicago Bears," said Staff Sgt. John Samuelson, communications security custodian, 556th Signal Company. Samuelson was one of three 2nd Brigade Soldiers manning a Stryker static display outside the EST.

"I grew up in Virginia, but was raised a Cowboys' fan," said Sgt. Deontra Turner, the 2nd Brigade commander's Stryker ve-

When the bus arrived, both Soldiers got their wish.

DeMarcus Ware (outside linebacker, Dallas Cowboys), Robbie Gould (kicker, Chicago Bears), Steve Smith (wide receiver, Carolina Panthers), several support staff and cameramen shuffled off the bus and greeted the Soldiers.

"It rides like a Cadillac," Turner said as he described the external features of the Stryker vehicle. Turner would know; he used to own a 2000 Cadillac Deville that he inherited from his grandfather.

While the three large men ducked and scrunched into the vehicle from the rear entrance, Staff Sgt. Jay Lawrence, the commander's Stryker vehicle gunner, discussed weapons' capabilities.

Throughout the quiet, intimate exchange, Soldiers answered players' questions such as "What would you do if you got stuck for a few weeks?" and "What would you do if the gunsight malfunctioned?

As the players moved inside the EST building, this peaceful interaction was interrupted by Soldiers' shouts, the raucous rat-tat-tat of machine-gun fire and explosions emanating from the dark

Eight Soldiers fired at enemy combatants on two large wall-sized video screens using real weapons that had been modified to electronically interact with the EST



Above — Staff Sgt. Jay Lawrence, commander's vehicle gunner for 2nd Stryker Brigade Combat Team, answers questions about the Stryker (from background to foreground) DeMarcus Ware (outside linebacker, Dallas Cowboys), Robbie Gould (kicker, Chicago Bears) and Steve Smith (wide receiver, Carolina Panthers), during their visit to the Schofield Barracks Engagement Skills Trainer.





- (Right to left) Sgt. Deontra Turner, commander's vehicle driver for 2nd Stryker Combat Brigade, describes features of the Stryker vehicle to Pro Bowl players.

Right — (Left to right) Master Sgt. Charles Feliciano, central tasking officer, 8th Theater Sustainment Command-25th Infantry Division, and Staff Sgt. William Miller, 2nd Bde. HHC, answer questions posed by Chicago Bears kicker Robbie Gould

Following the demonstration, the three Pro Bowlers took turns behind various weapons as Soldiers coached and reloaded

"This one here is a monster," said a Gould an AT4 rocket launcher.

After each round, the system re-played grinning Spc. Nathan Robinson, 25th the previous scenario and displayed Combat Aviation Brigade, as he handed each player's performance using red or green dots to denote hits and misses.

respectively.
"Whoa, you got a lot of green there, bro," Gould said to Smith.

After shooting their way through scenarios that included mountainous terrain and thick jungle vegetation, the players discovered their prowess on the football field didn't translate to this realistic

"He did pretty good," Robinson said of Smith, "but could definitely use more When the last scenario ended and the

fluorescent lights flicked on, players took turns handling weapons such as the 50 caliber and Squad Automatic Weapon (SAW) machine guns.

"This is like one of those Rambo guns," Ware said as he held an M16 with a 203 grenade launcher and smiled widely for a Soldier taking his picture.

Though the players had numerous questions for the Soldiers, Master Sgt. Carl Howard, G3 noncommissioned officer in charge, posed the lone question from the

"How does it feel to be so young, to be in the NFL and have stardom hit you so quickly?" Howard asked Gould the youngest player in the group at

"It's an honor, a dream come true," Gould said. "You're looking around pinching yourself to make sure it's not a dream."

As Soldiers began to gather for a group picture, Smith interrupted the commotion to say a few words. "I want to say thank you for what you do," Smith said humbly. "You are

the backbone of our country, and my family wouldn't be able to do the things we do if you weren't doing what you

"You guys are the true American idols," said Ware, who also mentioned that his wife served in the military.

Before they left, the players signed a stack of NFL and Pro Bowl souvenirs the Soldiers brought.

As the players got on the bus to leave, Lawrence, whose uncle, Dave Robinson, played for the Washington Redskins in Super Bowls I and II, said the players were very down to earth and approachable.

"I'll support all those players wherever they go," Lawrence said, "even if they don't play for the Redskins."

Fans flock to Schofield's Tropics to meet Pro Bowl stars

JEREMY S. BUDDEMEIER Assistant Editor

The Engagement Skills Trainer wasn't the only location on Schofield Barracks to receive a starstudded NFL cast last week. More than 150 Soldiers and family members converged at the Tropics to meet two NFL football players, five cheerleaders and a host of zany mascots, Feb. 8.

As ZZ Top's "Sharp Dressed Man" boomed from speakers on the stage, two masters of ceremony raffled off NFL and Pro Bowl items in anticipation of the

Parents and children donned brightly colored jerseys with their favorite player's name emblazoned on the back as the shifting mass of people filled the rows of seats in front of the stage.

The cheerleaders and mascots arrived first. Cheerleaders from the Jacksonville Jaguars, Oakland Raiders, Tennessee Titans, San Diego Chargers and New England Patriots kicked and jumped their way through two routines and signed autographs as they caught their breath.

"T-R-A-C-Y," said Tracy Gates, 6, as he spelled his name for Oakland Raiders cheerleader, Megan, who did not wish to disclose her last name.

The all-bird mascots (from the Atlanta Falcons, Philadelphia Eagles, Baltimore Ravens), competed for attention by dancing with children on stage or posing for pictures as a line of more than 60 people snaked from the stage to the kitchen counter.

As popular as the cheerleaders and mascots seemed, a large portion of the audience shifted lines as NFL greats Jamaal Anderson (Atlanta Falcons) and Antonio Freeman (Green Bay Packers) entered the back

"[Your visit] this year, during this ... time is particularly important to the families – and it says a lot about you guys," Col. Timothy Ryan, rear detachment commander, said to both men in a private moment



behind the blaring speakers on stage.

As they addressed the audience, both men expressed gratitude for the deployed Soldiers' service and the hardships their families continue to endure.

"We both know the importance of the military and the struggles the families go through," said Freeman, who also mentioned his brother served in the Marine Corps for 20 years.

The master of ceremonies put Anderson on the spot by requesting to see the "dirty bird" dance made



- Philadelphia Eagles mascot "Swoop" signs a football for Debbie Simpson during a Pro Bowl event at Schofield Barracks Tropics, Feb. 8.

Left — Tracy Gates, 6, spells his name as he waits for Megan, a cheerleader with Oakland Raiders, to sign her autograph during a Pro Bowl event at Schofield Barracks Tropics.

popular by Anderson and some of his Atlanta Falcons teammates.

"My knees are really rusty right now," Anderson said, but assured guests he would do it before he left.

Though most families waiting in line for autographs were from the Schofield Barracks community, one couple had come from another island.

Blaine Chargualaf, B Company, Guam National Guard, and his wife, Jeanne, came to Oahu from Guam to celebrate their third anniversary and were unaware that their visit coincided with the Pro Bowl.

After checking in at the Schofield Inn and hearing about the event at the Tropics, they walked over

"It wasn't even part of our agenda," Chargualai said. "Now we're trying to get Pro Bowl tickets."

After signing enough autographs to cause writer's cramp, the players, cheerleaders and mascots headed back to Waikiki to prepare for their next event.

"It was a pleasure to [visit with the fans]," Ander-

"It's really nothing," Freeman added, humbly.

Team Army looks to Daytona 500

U.S. Army Racing News Release

DAYTONA BEACH, Fla. Mark Martin qualified 33rd in Pole Day at Daytona Internation-Speedway, Feb. 11. The U.S. Army Team will focus its energies on preparing for Sunday's Daytona 500.

Martin's No. 01 U.S. Army Chevrolet toured the 2.5-mile oval in 49.109 seconds at 183.266 miles per hour. His qualifying result placed him in the second Gatorade Duel 150-mile race, Feb. 16. He started 16th in the 30-car field.

Pole Day locked in the front row for the Daytona 500. David Gilliland took the pole, and his Robert Yates teammate, Ricky Rudd, will sit on the outside pole. Gilliland's winning pole speed was 186.320.

"Qualifying really doesn't mean much out here unless you sit on the front row," said Martin. "We had a spectacular U.S. Army Chevy



Mark Martin qualified 33rd in Pole Day at Daytona International Speedway, Feb. 11. The U.S. Army Team is now getting ready for Sunday's Daytona 500.

We'll make it all back on Thursday going on."

filler," added Martin. "The 500 is all 9 a.m. Hawaii time.

in the Bud Shootout last night, I care about and we had a great car and we have a great race team. last night and we'll have a better We just need to make sure that one on Sunday, so I'm really these guys keep their chins up. excited about what we have

I guarantee that." The Daytona 500 will be air on "All the rest of this stuff is just FOX Sports. The first race begins at The Daytona 500 will be air on

balls through the uprights.

the event, scoring 100 points.

how well the team performed.

percent accuracy.

got his kick on, sending eight of 10 foot-

Unfortunately, he was out-kicked by Team Hickam [Air Force Base], which

placed the pigskin over the goal with 100

Spc. Kenneth Valrie, DENTAC Hawaii, "passed" a first-place finish to Team Army in the passing portion of

Burke said he was pleased with

"This is the first time these guys have played together on one team," he

said. "The team that participated the last two years is now on deployment."

Although the team was number

With a little less pomp than the trophy

ceremony after the Super Bowl, Who Dey, the Cincinnati Bengals' mascot, and

Blue, the Indianapolis Colts' mascot, re-

turned the NFL Military Challenge Per-

petual Trophy to last year's winners, Team

The 2007 Army Military Challenge team

also included Staff Sgt. Isaac Cummings

III, 732nd Military Intelligence Battalion

1st Sgt. Warren Harris, 71st Chemical

Company; and Spc. Deonte Long, 225th

Brigade Support Battalion.

one in the hearts of the spectators they finished the competition in fourth

Team Army gets in gear at Pro Bowl military challenge

Story and Photos by CHRISTA B. THOMAS

WAIKIKI - Sgt. Rico Bradley needed to get his kicks before hanging up his football cleats for the season. So, he and five other Soldiers competed in the annual Pro Bowl Military Challenge Feb. 8 in Kapiolani Park.

The challenge was part of a festival that provided football fun for fans of all ages with interactive games, booths selling official NFL souvenirs, fan contests, autograph signings, and tent after tent of great local food choices. This event is a regular part of the island-wide hoopla that surrounds the annual NFL

During the challenge, teams of six players representing each branch of the military compete head-to-head in point challenges that test their football skills.

The teams compete in five critical areas of football competition – long snap, field goal kick, passing, punting and running.

Staff Sgt. Ernest Borden, a squad leader with 71st Chemical Company, 8th Theater Sustainment Command,

was this year's team captain.
"Peter Burke [Schofield Intramural Sports coordinator] came to me and asked that I put a team together for this event,'



Above — Staff Sgt. Issac Cummings III, number 47, prepares to sprint out to receive a pass from quarterback, Spc. Kenneth Valrie, in the passing drill. In this one-minute event, teams had to catch as many passes as possible, while maximizing yardage

Right — Spc. Deonte Long, left, passes footballs to Staff Sgt. Ernest Borden during the long snap portion of the competition. Snappers had to hike the ball through hoops placed to mimic a punt attempt, a field goal attempt and a shotgun formation

Borden said. "So I tried to select five hands for all these events," he said. other athletes who I felt had the talent.

4:30-5:30 p.m. Call instructor

Bradley, of the 71st Chemical Company, "We've definitely got the speed and the 8th Theater Sustainment Command,

number prizes. Call 655-5697.

Cardio Kickboxing — Cardio kickboxing can help develop cardio- and learn Hawaii Okinawa Kenpo vascular fitness, improve balance, Karate-Do Shudokan (HOKK), a and may enhance self-confidence. Classes are offered at the Fort master instructors, at the Schools Shafter Physical Fitness Center, of Knowledge, Inspiration, Explo-

HOKK teaches self-discipline and

\$105 per semester; family discounts are available.

Classes are offered for students in grades first through tenth, and parents are welcome to take class-

Chess Club — Come and play chess every Monday from 5-8:30 p.m. at Tropics on Schofield. Competitors should bring their own equipment. A few sets will be available for participants without equipment. Call 655-0002.

Youth Sports Coaches — Youth Sports is looking for volunteer coaches to help make this program successful. If you are interested in volunteering, see or call your Youth Sports director. Call Aliamanu Military Reservation at 836-1923, Fort Shafter at 438-9336, or Schofield Barracks



18 / Sunday

Bowling Tournament — A "5 Game, No Tap" tournament will be held at the Schofield Bowling Center, Feb. 18. Check-in will be at 1 p.m., and the cost is \$20 per

Ungoing

Fabulous Football Weekends

- Come to the Tropics on Schofield Barracks every Sunday and Monday to watch all of your favorite football games. Enjoy all-you-caneat food, several specials, and lucky



Send community announcements to community@hawaiiarmy weekly.com.

16 / Today

The GAR Expo — Come and enjoy The Great Aloha Run Sports, Health & Fitness Expo at the Neal S. Blaisdell Center Exhibition Hall, Feb. 16-18.

The expo will feature an array of vendors sharing information on adventure, action sports, leisure activities, health and wellness, exercise, healthy foods and supplements information.

Guests may enjoy interactive workshops and demonstrations, keiki fun and games, prize giveaways, a farmers' market and food court. Visit www.greataloharun expo.com.

19 / Monday

The GAR — The ever-popular Great Aloha Run will be held Feb. 19.

More than 20,000 participants are expected to participate in this year's 8.15-mile run/ walk that starts on Nimitz Street at the Aloha Tower Marketplace in downtown Honolulu with entertainment along the route) and ends in Aloha Stadium.

Call 528-7388 or visit www. greataloharun.com for event and registration information.

March

17 / Saturday

The March March Menehune Marchers will be sponsoring a 10k Kaimuki and Kapiolani Community College Farmer's Market volksmarch (walk) March

This free march will start at Fort Ruger Triangle Park.

Participants may begin any time between 8-11 a.m. To receive IVV credit, the cost is \$3. Call 205-1846.

DarylLynn Gandaoli at 779-4495. dedication to overcoming obsta- beginning of each month. Call

SKIES Martial Arts — Come martial arts program taught by Tuesdays and Thursdays from ration & Skills (SKIES).

Classes are \$35 per month or

es also.

New students may start at the

at 655-6465.

Tricare offers tips for saving money on health care

RICHARD GRAY TriWest Healthcare Alliance

Military families can reduce health care costs by taking advantage of money-saving features offered by Tricare and TriWest Healthcare Alliance.

There are four ways to save: (1) using generic drugs, (2) having medications delivered by mail, (3) keeping doctor appointments, and (4) signing up for automatic payments.

Choose generic drugs

With generic drugs, families can save 40 to 60 percent on prescriptions without skimping on the quality of medications.

The U.S. Food and Drug Administration (FDA) requires that generic drugs have the same chemical composition and potency and affect the body in the same way as their brand-name counterparts and reports that about 42 percent of brand name drugs currently have generic equivalents.

Fill prescriptions by mail

Fill generic drug prescriptions using the Tricare Mail Order Pharmacy and save even more – as much as 66 percent off medicines sold at retail pharmacies.

For each prescription filled at a retail pharmacy, the co-pay for a month's supply is \$3 for generic, \$9 for brand-name drugs, and \$22 for non-formulary medications. Mail-order customers pay the same amount but receive a 90-day supply — three times the amount



they get when paying month-by-month at retail

Prescriptions are shipped in plain, weather-resistant pouches and received within 10 to 14 days after an order is placed, with no shipping and handling costs. Expedited shipping is available for an additional

To enroll in this program, begin by telling your Use automatic payment options provider you want to use Tricare's mail-order service and ask that he or she write two prescriptions; one for the first month to fill immediately at a retail pharmacy and the other for a 90-day supply for the mail-order pharmacy.

A registration form is available by calling 866-363-8667, or visiting the Express Scripts Web site, www.expressscripts.com/Tricare. Mail the form with the prescription to the address provided on the form. Providers may fax the prescription, but faxes from other locations cannot be accepted.

Avoid missed appointment fees

Another waste of money is missing a doctor's appointment or canceling a visit at the last minute, causing problems for providers. Many Tricare providers charge patients fees for missed appointments.

Tricare regulations don't prevent providers from establishing their own policies regarding missed appointment fees. However, the provider must notify patients of this policy in advance and have the patient sign a formal agreement.

Most providers require that patients call to cancel or reschedule an appointment within a specific time, usually within 24 or 48 hours prior to the original appointment.

Military retirees can save time and the hassle of stamps and post office visits by using TriWest Healthcare Alliance's automatic payment system to pay Tricare Prime enrollment fees.

There are three automatic payment options available on www.triwest.com: monthly allotments deducted from retirement checks; recurring credit card payments automatically charged to a credit card and electronic funds transfers from a specified checking or savings account.

To register for automatic enrollment fee payments visit www.triwest.com, select "online payments," then download and complete the applicable form (registered users may complete the electronic funds transfer form online). Mail the completed form and the first three-month payment (check, money order or credit card) to the address on the form.

Commissaries put registered dietitian on staff

BONNIE POWELL

Defense Commissary Agency

FORT LEE, Va. - Customers have always been able to find healthy food at healthy savings in their commissary. They can also find healthy advice, now that the Defense Commissary Agency (DeCA) has a registered dietitian on

"We made a commitment to be the nutritional leader for the military," said Patrick Nixon, DeCA director and chief executive officer. "We're excited to have Maj. Karen Fauber as the first DeCA dietitian, and we expect this to be a great opportunity for customers to obtain nutrition education through their commissary system.'

Having a dietitian on staff is a growing trend in the commercial grocery industry and more and more consumers indicate they look to grocery stores for nutrition education and guidance.

DeCA and Tricare have been partnering for

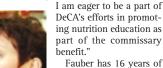
two years on Tricare's Healthy Choices for Life program, which focuses on the problems of alcohol abuse, tobacco use and obesity in military

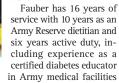
"Since we are the grocery store of choice for millions of military families, we developed the 'It's Your Choice, Make it Healthy' program to tie into the weight-management segment of healthy choices," said Nixon.

"Weight management is a topic of primary importance for DoD patient education," said Tricare Chief Medical Officer Dr. David Tornberg. "DeCA is making a significant contribution to our program by emphasizing healthier eating, and has taken the effort to a new level by adding a registered dietitian to their

The DeCA dietitian is already on the job, having filmed a Pentagon Channel segment offering advice on how to shop for foods that will help consumers stick to their New Year's resolutions to lose weight.

"I really appreciate the leadership role commissaries are taking in advocating healthy food choices for military families," said Fauber, "and





and public-health clinics. '

Some of the initiatives planned for the DeCA dietitian include an "Ask the Dietitian" feature on the DeCA Web site www.commissaries.com and increased visibility for the recently revamped "5 A Day for Better Health" program, which focuses on fruits and vegetables.

